

# know your family health history

**Screening is key to helping prevent, manage, and detect diseases.** Early detection can lead to better health in the future. Knowing your family's health history is important. It can help your provider decide what screenings you need and when.

**Here's how to use this form:**

1. Talk to your family to collect their history of diseases. Knowing their age at diagnosis can help too.
2. Check the boxes (✓) for each family member that has a disease listed below.
3. Share the Family Health History Chart with your provider during your next appointment. Ask any questions you may have about screenings.

## Family Health History Chart

	Father	Mother	Sibling	Paternal Grandpa	Paternal Grandma	Maternal Grandpa	Maternal Grandpa
<b>Diabetes</b>							
<b>High Blood Pressure</b>							
<b>Heart Disease</b>							
<b>Stroke</b>							
<b>Breast /Ovarian Cancer</b>							
<b>Prostate Cancer</b>							
<b>Colon Cancer</b>							
<b>Other Cancers</b>							
<b>Dementia/ Alzheimer's</b>							
<b>Other:</b>							

Next provider appointment: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Provider name: \_\_\_\_\_  
 Provider number: \_\_\_\_\_

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**Español (Spanish):** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **866-606-3700** (TTY: **711**).

**Polski (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).